

Smoked Ham Hocks with Lima Beans

Prep time: 10 minutes

Cook time: 50 minutes

Makes: 8 Servings

Ingredients

- 1/2** medium onion
- 2 cloves** garlic
- 2 pounds** smoked ham hocks
- 8 cups** water
- 1 pound** frozen lima beans
- 1/2 teaspoon** ground black pepper

Directions

1. Peel, rinse, and chop onion. Peel and mince garlic.
2. In a large pot over high heat, add ham hocks and water. Bring to a boil. Reduce heat to a simmer. Add onion and garlic. Cover and cook until meat is tender and internal temperature registers 145°F on a food thermometer, about 30-40 minutes.
3. Transfer ham hocks to a clean cutting board. Let cool.
4. Add lima beans to pot. Cook according to package directions.
5. When ham hocks are cool, shred meat from the bone, removing any fat. Return to pot. Stir in pepper. If using salt, stir in now.

Notes

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	130	
Total Fat	1 g	2%
Protein	12 g	
Carbohydrates	18 g	6%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	
Sodium	400 mg	17%

MyPlate Food Groups

Vegetables	3/4 cup
Protein Foods	2 1/2 ounces

Ham hocks may be salty enough already. Taste the dish before adding optional salt.

Serve this traditional southern dish like a soup or use a slotted spoon to take out the beans and meat. Serve over brown rice.

For extra flavor and color, add diced carrots and celery.

Use a leftover meaty ham bon or smoked neck bones in place of the ham hocks.